

# WRECK THIS HEART

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**Count:** 32

**Wall:** 4

**Level:** beginner west coast swing

**Choreographer:** Glenda Ortiz Harney

**Music:** Wreck This Heart by Bob Seger

## RIGHT SHAKE, SHAKE, BACK, ROCK

1&2 Step to the right shaking hips to right, left, right

3- 4 Rock left back behind right, recover onto right

## LEFT HEEL/BALL/CROSS/LEFT HEEL/BALL/CROSS

5&6 At angle to left touch left heel, step on left, step right over left

7&8 At angle to left touch left heel, step on left, step right over left

## LEFT SHAKE, SHAKE, BACK ROCK

1&2 Step to the left shaking hips to left, right, left

3- 4 Rock right back behind left, recover onto left

## RIGHT HEEL/BALL/CROSS/RIGHT HEEL/BALL/CROSS

5&6 At angle to right touch right heel, step on right, step left over right

7&8 At angle to right touch right heel, step on right, step left over right

## RIGHT SIDE ROCK, BEHIND & CROSS

1- 2 Rock right to right side, recover onto left

3&4 Step right behind left, step left to left side, step right over left

## LEFT SIDE ROCK, BEHIND/QUARTER/TURN

5- 6 Rock left to left side, recover onto right

7&8 Step left behind right, step right to right side, step left turning  $\frac{1}{4}$  to left (9:00)

## HEEL & HEEL & ROCK STEP

1& Touch right heel forward, step right beside left

2& Touch left heel forward, step left beside right

3- 4 Rock forward right, recover onto left

## COASTER STEP, STOMP/STOMP/STOMP

**5&6** Step back right, step left beside right, step forward right

**7&8** Stomp left, stomp right, stomp left

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=47142](https://www.linedance.com/index.php?f=dance_view&id=47142)